





SMART SNACKING & FLAVORFUL NUTRITION WITH IYO QUIERO!

GUACAMOLE: A HEART-HEALTHY SUPERFOOD

- Rich in Healthy Fats Supports heart and brain health.
- Boosts Nutrient Absorption Enhances absorption of vitamins A, D, E, and K.
- **High in Fiber** Promotes digestion and keeps you full longer.
- Packed with Antioxidants Supports skin, eye health, and immunity.
- **Enjoy it:** As a dip, spread, topping, or mix-in for dressings and bowls.





SALSA: A FRESH & FLAVORFUL ANTIOXIDANT BOOST

- Loaded with Lycopene A powerful antioxidant for heart health.
- **Supports Immunity** Rich in vitamin C from tomatoes, peppers, and citrus.
- Aids Digestion Onions and garlic promote gut health.
- Low-Calorie Flavor A delicious way to add nutrients without extra fat or sugar.
- **Enjoy it:** With veggies, eggs, tacos, grilled proteins, or as a soup mix-in.

BEAN DIP: A PROTEIN & FIBER POWERHOUSE

- High in Plant-Based Protein Fuels muscles and keeps you full.
- Supports Gut & Heart Health Fiber aids digestion and supports cholesterol levels.
- **Helps Balance Blood Sugar** Complex carbs provide steady energy.
- Iron & Magnesium-Rich Supports energy and overall wellness.
- **Enjoy it:** With whole-grain crackers, as a spread, or in wraps and salads.





WHY IYO QUIERO!?

- Wholesome Ingredients Fresh, simple, and nutritious.
- Big on Flavor, Low on Guilt Packed with benefits, not empty calories.
- Easy & Versatile Perfect for quick snacks, meals, and entertaining.
- Fuel your day with delicious, nutrient-rich dips from iYo Quiero!